

Moon-Bean Salad

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



344 kcal

SIDE DISH

Ingredients

- ☐ 2 ounces cheese blue crumbled
- ☐ 32 ounce cannellini beans beans white rinsed drained canned
- ☐ 0.3 cup cider vinegar
- ☐ 8 servings accompaniment: crostini
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 2 teaspoons olive oil divided
- ☐ 1 teaspoon oregano dried

- ☐ 0.5 teaspoon pepper
- ☐ 1.5 cups plum tomatoes diced
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup vidalia sweet chopped

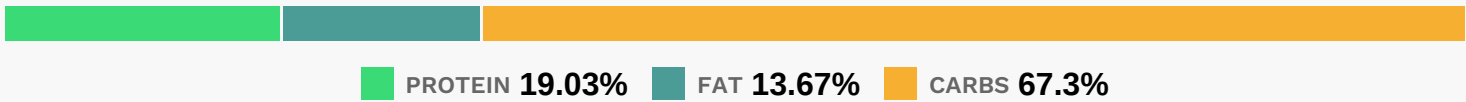
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat 1 teaspoon oil in a nonstick skillet over medium–high heat.
- ☐ Add oregano and garlic, and saute 30 seconds.
- ☐ Add vinegar, and remove from heat.
- ☐ Combine vinegar mixture and beans in a bowl. Cover and chill 30 minutes.
- ☐ Add 1 teaspoon oil, diced tomato, and the next 5 ingredients (tomato through pepper) to bean mixture, and toss well.
- ☐ Serve with Crostini.

Nutrition Facts



Properties

Glycemic Index:38.34, Glycemic Load:27.49, Inflammation Score:–8, Nutrition Score:20.119565268574%

Flavonoids

Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 344.08kcal (17.2%), Fat: 5.24g (8.07%), Saturated Fat: 1.92g (12%), Carbohydrates: 58.07g (19.36%), Net Carbohydrates: 50.44g (18.34%), Sugar: 5.1g (5.67%), Cholesterol: 5.32mg (1.77%), Sodium: 633mg (27.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.43g (32.85%), Manganese: 1mg (49.87%), Vitamin K: 52.28µg (49.79%), Folate: 158.12µg (39.53%), Vitamin B1: 0.51mg (33.83%), Iron: 6.05mg (33.63%), Fiber: 7.64g (30.55%), Potassium: 755.02mg (21.57%), Magnesium: 84.49mg (21.12%), Phosphorus: 207.96mg (20.8%), Calcium: 203.14mg (20.31%), Selenium: 13.98µg (19.97%), Copper: 0.38mg (19.2%), Vitamin B3: 3.43mg (17.16%), Vitamin B2: 0.29mg (17.02%), Zinc: 2.1mg (13.97%), Vitamin A: 639.27IU (12.79%), Vitamin C: 10.01mg (12.13%), Vitamin B6: 0.22mg (11.09%), Vitamin E: 1.55mg (10.34%), Vitamin B5: 0.64mg (6.4%), Vitamin B12: 0.09µg (1.44%)